



Pilates of Palm Beach  
 3100 S Congress Ave #4, Boynton Beach, FL 33426  
 561-244-5566

## Group Class Schedule

*\*All Group Apparatus Classes Include Reformer, Tower, & Mat Work\**

	Mon	Tue	Wed	Thu	Fri	Sat
<b>8</b> :30 AM	Beginner Apparatus (Mayra)		Beginner Apparatus (Mayra)		Beginner Apparatus (Mayra)	
<b>9</b> :30 AM	Beginner Apparatus (Mayra)	Intermediate Apparatus (Erin)	Beginner Apparatus (Mayra)	Intermediate Apparatus (Erin)	Beginner Apparatus (Mayra)	Open Level Apparatus (Erin)
<b>10</b> :30 AM		Prenatal Pilates (Erin)		Prenatal Pilates (Erin)		Open Level Apparatus (Erin)
<b>5</b> :30 PM	Intermediate Apparatus (Erin)	Beginner Apparatus (CJ)	Intermediate Apparatus (Erin)	Beginner Apparatus (CJ)		
<b>6</b> :30 PM	Beginner Apparatus (Madeline)	Intermediate Apparatus (Erin)	Beginner Apparatus (Madeline)	Intermediate Apparatus (Erin)		
<b>7</b> :30 PM	Jumpboard 30 Min - \$15	Advanced Apparatus (Erin)	Jumpboard 30 Min - \$15	Advanced Apparatus (Erin)		